

10U/12U PHASE II - LOWER BODY

SPIDER MONKEYS

MOVEMENT

- 1 • Start in the top of a push-up position keeping abdominals engaged for the entire exercise.
 - Back should form a flat bridge.
 - Weight on toes and legs fully extended.
- 2 • Walk hands forward while feet move laterally 2 steps side to side.
 - Bear crawl 10 yards forward while feet move 2 steps to the left and then 2 steps to the right.
 - Jog back to starting point.
 - Repeat.

BEAR CRAWL TECHNIQUE

- Start on all fours.
- Pick up right hand and left leg, extend forward.
- Pick up left hand and right leg, extend forward.
- Repeat.



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